



MENTAL WELL-BEING

THINK BETTER FEEL BETTER



Resources available for

HEALTH NET members

Behavioral Health Benefits

Your Health Net plan benefits provide treatment for mental health and substance abuse disorders.

HMO/EOA Members 1-888-426-0030

PPO Members 1-800-797-7016

Services include:

- Outpatient sessions with a therapist
- Outpatient medication management with a psychiatrist
- Inpatient, residential treatment, or other types of care if medically required

TELADOC

Access to video conferencing with a health care provider

1-800-835-2362 (1-800-TELADOC)

www.teladoc.com

Download the Teladoc app today to learn more!

EAP/COUNSELING TEAM (available to ALL employees)

Online session as well as unlimited calls with a licensed clinician 1-800-222-9691

www.thecounselingteam.com

MyStrength

MyStrength – Confidential online resource that offers guided meditation, in the moment mood tracking and stress relief activities

Visit www.mystrength.com/HNWell

- Click Sign Up on the Health Net myStrength portal
- Complete the process & fill out a brief assessment and profile
- Download the myStrength app after signing up online

Unwinding by Sharecare

A digital program that uses mindfulness to get a quick dose of calm throughout the day

Visit www.healthnet.sharecare.com

Sign up with your basic information and Health Net member ID

EMERGENCY CARE

988 is available for emergency mental health needs

Or call 911 or go to the nearest hospital

Resources available for **KAISER** members

Behavioral Health Benefits

Your Health Net plan benefits provide treatment for mental health and substance abuse disorders.

Primary Care 1-833-574-2273

Specialty Care 1-833-578-4848

Urgent Mental Health Advice 1-800-900-3277

www.kp.org/mentalhealth

Services available:

- Outpatient sessions with a therapist
- Outpatient medication management with a psychiatrist
- Inpatient, residential treatment, or other types of care if medically required

Wellness Resources

Visit the www.kp.org for:

- Healthy lifestyle programs
- Wellness coaching
- Self-care apps such as Calm, Headspace and myStrength
- Text with an emotional support coach through Ginger
- Information on in-person or virtual support groups
- Connect to community resources

Optum/VEBA EAP

5 EAP sessions – in-person or virtual
Available to you and your household

1-888-625-4809

Download the Optum Assist app to access additional EAP services

Learn more at www.liveandworkwell.com
(access code:VEBA)

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SAN BERNARDINO CITY
UNIFIED SCHOOL DISTRICT
Making Hope Happen